THE ANCHOR NEWS

YOUR ANCHOR IN THE COMMUNITY

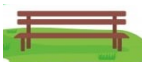
Find us on Facebook

St. Joseph-Lincoln Senior Service Center
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768
DIRECTOR@SJLSC.ORG
WWW.SJLSC.ORG

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM

HANES FAMILY WILD FLOWER TRAIL BENCHES

We still have some benches available for you to purchase in honor or memory of that special someone in your life. You may also choose to put your name on the bench so as the years go by, others will know how special your Senior Center was to you. This Wild Flower Trail will be a very peaceful place to walk, sit, watch birds and relax. The cost of the 6-foot benches with a plaque is $1,000. You choose the wording you would like displayed at the top of the bench and can also choose where you would like the bench placed from the available areas on the Trail. **Did you know that if you are 70-1/2 years or older and make a contribution directly from a traditional IRA to our Senior Center, it is nontaxable?** Ordering one of these benches is a great way to do this. Order forms are available at the front desk.



QUILT RAFFLE

The St. Joseph Lincoln Senior Service Center Quilters have done it again! The next quilt that will be raffled is called "Scrap Happy" and the size is 88 1/2" x 96 1/2". This raffle will end at our picnic on August 25th. Buyers, remember tickets are $1 each or 6 for $5, with a weekly winner drawn to receive 5 free tickets. If you would be interested in helping to sell raffle tickets, please see Sharyl. We are so very thankful to the quilting ladies for all of your hard work!

WELCOME LYNN VINCE!

We are growing by leaps and bounds, and to help us with this we welcome Lynn, Staff Assistant. Lynn was born and raised in the Baroda and Stevensville areas. She has two beautiful daughters, and through their marriages, she now has two wonderful sons, along with two grandchildren who are "the apple of Grammy's eyes!" When not attending her grandchildren's activities, Lynn enjoys spending time with her family, walking on the beach, reading, rock painting and being creative. Stop in and say hi and welcome Lynn in her new position.

PAULINE'S POST

A sign inside the Board Room office is entitled **TEAMWORK**. It says: *"Alone we can do so little; together we can do so much."* That statement has been evident in so many ways this past month at the Center. **TEAMWORK** has been demonstrated by our Staff, Board Members and a multitude of Volunteers.

Our Staff provides attention to detail, communication to members and a balanced division of work assignments. This is done in a friendly and professional manner.

The Board of Directors work diligently to ensure the Center is well maintained. At the same time, the Board looks at both the "wants" and "needs" for the Center with a close eye on our budget.

This past month some Board Members stepped up to provide financial and/or volunteer time to help with beautification to our grounds. Instead of paying a contractor, Rocco Pavese purchased and spread the mulch in the south end of the building which faces Lincoln Avenue. Another Board member, Bill Burrows, has taken on the responsibility for re-painting the curbs. I decided to take on the job of redressing areas on the south end that needed additional pea gravel. This time was well spent taking care of something that was wanted, and provided beauty to the grounds without effecting the Center's budget.

A special blessing occurred when a St. Joseph High School senior approached a past Board Member to inquire if the Center had any duties to give his group that needed volunteer hours. A group of three students; Michael, Donyal and Ayden had selected their senior year project to benefit senior citizens in this area. They needed an additional seven hours of volunteer time. I'm sure they did not realize the strenuous labor that would be involved! On Saturday, May 6th, they added mulch around trees and a small garden area. Their next assignment was to spread wood chips in the nature trail.

On Tuesday, May 9th, they returned and assisted in spreading pea gravel. Their help was immeasurable. I hope they ace the project and presentation for their English class.

Additional Volunteers provided assistance to the Hanes Family Wild Flower Trail. A special thank you to Glen Hastings, James Wells, Peg McCann and Carole Wier. They, along with Marilyn Mann and Cindy Miller, worked as a **TEAM** to prepare the trail, which is now open.

Speaking of Marilyn and Cindy, they worked numerous hours (some during the rain) to establish a new garden area that faces the main parking lot. It is near completion but already provides additional beauty. Thanks to Scott Vince for making and installing the planter boxes.

It would be difficult to honor our many Volunteers that demonstrate **TEAMWORK** on a daily basis. There are too many duties performed to mention in this column. Just know that each one of you is appreciated. The Center could not provide continued excellent service without YOU!

Often, I need to research a topic of discussion for this page, but this month a sign revealed the topic: **TEAMWORK**!

"Teamwork makes the dream work! "

Pauline Fox
SJLSSC Board of Directors
President

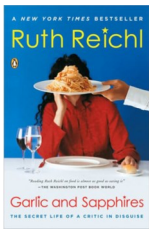
CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only
Friday, June 9th
Friday, June 16th
A signed permission form by your doctor is required to receive this service. Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you an appointment. Your first visit is $30, which includes a reusable foot care kit. Follow up visits are $25.

BOOK CLUB

Wednesday, June 14th, 10:00 am



The book to be read for the month of June is "Garlic and Sapphires" by author Ruth Reichl. Leading the discussion will be Pat Husek. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

COOKIES & CANVAS

Friday, June 16th, 12:00 pm-3:00 pm
$20 per person, payable at sign up
NO REFUNDS - Make checks payable to Roy Hruska

The painting for the month of June is called "I Can See The Chicago Skyline." This painting is on a 9" x 12" canvas and all materials needed for this class are provided. **Remember to sign up soon.**

SWEDISH WEAVING

Thursdays, 10:00 am-12:00 pm
This is now a permanent class. You can learn the art of Swedish weaving, or you can work on your own. If you are in need of supplies, you can purchase these from Carla Seeley for $10. There's no need to sign up; just show up!

BINGO
Thursday, June 8th, 1:00 pm - $1
Thursday, June 22nd, 1:00 pm
Thursday, June 29th, 1:00 pm - $1
Please do not enter gym until set up is complete.

SENIOR SOFTBALL

Senior Softball is back. Those who are interested will meet every Thursday from 1:00 pm-2:30 pm at Well's Field, Located at 2214 S. State Street (by old Jefferson School, now condos). If weather is questionable, the Center will know by 11:00 am if it will be cancelled, so give us a call.

MOVIES AT THE CENTER!

Friday, June 16th, 1:30 pm

We have a Public Performance License which doesn't allow us to name the movie title to the general public, so you won't find the title of the monthly movie here or on our website. We do advertise the name of the movie within the Center, so look for flyers or call the Center. **Please sign up if you'd like to attend.**

LOAN EQUIPMENT

We have an abundance of loan equipment and will be selling many items. You can't beat our prices, so if you are in need of anything, please check with us before you purchase equipment anywhere else. We thank you in advance!

MONITOR CHECK IN

Please remember that it is important to check in on the monitor when you enter the Senior Center. This helps to provide accurate counts of our members and what you like to do here at our Center. Volunteers please identify yourselves to the greeters as a driver, etc. If you are using the outdoor Walking Trail and/or exercise facility during business hours, please check in for this also. We thank you in advance!

Thank you Volunteers for all you do!
We couldn't get along without you!

TRIPS

THE DANCING HORSES DINNER THEATRE AND LAKE GENEVA ANIMAL GARDENS

Wednesday, August 23rd,
$132 per person payable at sign up

Enjoy round trip motor coach transportation to Lake Geneva, Wisconsin, for a day filled with entertainment and animals. Included in your day adventure is time to visit the horse stables and petting zoo, enjoy a plated lunch at the theatre and an amazing 90 minute Vegas style Arabian horse performance show. You will be dazzled by the pageantry, elaborate glitter, and rhinestone costumes of The Dancing Horses show. The Animal Gardens Theme Park is a 40-acre venue housing 16 species of exotic and over 40 hay-eating animals. You will visit animals that you can pet, hold, and feed. You can also roam or ride the train through the manicured trails, which will guide you to several exhibits where you can see animals that are indigenous to Wisconsin. The train ride includes a visit to the deer park where you can hand-feed the deer.

MODERATE ACTIVITY

COVERED BRIDGE TOUR

Tuesday, September 12th
$96 per person payable at sign up

Enjoy roundtrip motor coach transportation to Rockville, Indiana where you will meet your tour guide who will lead you on a three hour Northern Indiana Covered Bridge tour. Lunch will be on your own at one of the small towns you will stop in. This North Route Tour includes the towns of Tangier (known for their famous buried beef) and Bloomingdale (known for their apple butter) as well as 5 covered bridges (West Union, Marshall, Rush Creek, Jackson, and Catlin).

MODERATE ACTIVITY

TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. We only accept cash or checks. Please don't send payment through the mail. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a $5.00 administrative fee are given, if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

SHEDD AQUARIUM IN CHICAGO

Tuesday, November 7th,
$106 per person payable at sign up

Discover the wonder of the aquatic animal world. Shedd Aquarium is an indoor public aquarium in Chicago, Illinois. It features a 5 million gallon aquarium, one of the largest indoor facilities in the world. Today it holds about 32,000 animals. This trip includes round trip motor coach transportation, admission to the Aquarium with 3D film experience and a lunch voucher for the onsite cafeteria. **MODERATE ACTIVITY**

TURKEYVILLE DINNER THEATRE - TINSEL & TURKEY: A CORNWELL'S HOLIDAY SPECTACULAR

Wednesday, December 6th,
$94 per person payable at sign up

Cornwell's kicks off the holiday in style with a no-holds-barred celebration that features a cast of sequin-clad performers shaking their tail feathers and turning up the heat as the snow starts to fall on the farm. Including all your holiday favorites, and setting a new bar for toe-tapping Christmas cheer, this musical revue is the perfect recipe for serving up the holidays on a silver platter! This trip includes round trip motor coach transportation, theatre tickets for matinee performance, and all you can eat turkey buffet.

MODERATE ACTIVITY

****WAITING LIST****

Frederick Meijer Garden-June 6th
Jeff Foxworthy, Blue Gate Theatre-June 10th
Chicago Botanic Garden-July 12th
Chicago Architectural Boat Tour-August 15th
Biltmore Estate & Asheville, NC-Sept. 17-22nd
Mackinac Island Experience-Oct.17-20th

WALKING TRAIL BRICKS

Did you know the Center offers the opportunity for you to purchase bricks in three different sizes that you can have engraved in honor of a loved one? These can then be placed in the flag pole area in the Priscilla Byrns Walking Trail and Gardens. The sizes available are 4 x 8 for $110, 8 x 8 for $190 and 8 x 16 for $285. **Bricks ordered now will be available in the summer of 2023.** Order forms can be emailed, mailed, or picked up at the front desk.

TWIN CITY CAMERA CLUB - PHOTO CONTEST

Calling all photographers! Twin City Camera Club is sponsoring a photography contest. Photographers must be Senior Center members, limit 4 entries per person, and photo size should be 8 x 10 inches, unframed. There will be 4 categories: Nature, Architecture, People, and Animals/Pets. There will be a $25 prize for each category. **Please submit your photos May 30th-June 7th** and voting will take place June 19th-30th. We look forward to seeing those beautiful pictures!

COMMUNITY RESOURCE CENTER

We have a new location for brochures regarding senior care, assisted living, grief counseling, Hospice, Veteran's services, and Medicare Part D. At one point this information could be found in Friendship Hall. The Community Resource Center (also known as the first class room) is the new location for this information. Feel free to take a look and pick up some brochures!

We can't direct the wind, but we can adjust the sails.

"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows the way." ~ Unknown

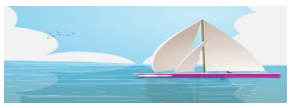
The SJLSSC Board of Directors and Staff would like to wish all you amazing gentlemen a Father's Day full of sunshine, relaxation, golfing, fishing, yummy food, and great company! We hope you enjoy your day to the fullest!

FLAG DAY

Flag Day is a day honoring the national flag, which is observed on June 14th. This holiday commemorates the date in 1777 when the United States approved the design for its first national flag. Each year the U.S. President delivers an address that proclaims the week of June 14th as National Flag Week, and all Americans are encouraged to fly U.S. flags during that week. Happy Flag Day!

BABY IT'S COLD INSIDE

With summer upon us, it is about to get a little bit warmer. We all have different body temperatures, so we ask that you dress accordingly for yours, so that you can be comfortable. We do keep the room temperatures down a little in the Gym and Circuit Training Room because of people exercising, but all other rooms will be set at a comfortable temperature for most.



CONGRATULATIONS!

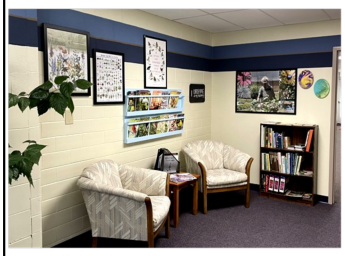
Congratulations to Donna Lippert, the lucky winner of this beautiful quilt called Lover's Knot that was made by the loving hands of our Quilting Group here at the Center. Thank you so much to everyone who purchased tickets.

DONATION OPPORTUNITIES

Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND - Made to ensure long term sustainability of our organization.
BUILDING FUND DONATIONS - Made to contribute to our direct building expense.
FORGET-ME-NOT SOCIETY - Honoring those who choose to make a legacy gift to the SJLSSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.
HONORARY DONATIONS - Made in honor of someone who has enriched your life.
MEMORIAL DONATIONS - Made in memory of a friend or loved one who has passed away.
PROGRAM DONATIONS - Designate a donation for a particular program we offer at the Senior Center, exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or Hanes Family Wild Flower Trail.

GARDEN NOOK



Are you familiar with our Garden Nook? It is just beyond where you would find the greeting cards on display, heading into the front of the building where the Wood Shop is located. In our Garden Nook you can find comfortable furniture to sit on and look at one of the many books and magazines on gardening and information on how to take care of the beautiful birds you will find in our area. If there is a magazine or book you'd like to check out and take home for a bit, we use the honor system for this. Enjoy it and bring it back when you are done. The Garden Nook is also a nice area to sit and catch up with a friend. We hope you will take the time and enjoy this beautiful space.

CURRENT FUNDRAISERS

HANDMADE METAL BIRDS - We have handmade free standing metal birds that are double-sided and painted for sale. The proceeds of the sale of these birds will be designated for the Hanes Family Wild Flower Trail. If you'd like to place an order, please pick up an order form outside of Sharyl's office.
HANES FAMILY WILD FLOWER TRAIL - This nature trail will add approximately 1/3 mile additional walking trail to our existing one. Please consider making a donation to assist in the development of this new outdoor facility. We are also selling benches for this newest addition to our outside facility. **Please see page 1 for more details.**
QUILT RAFFLE - Our Quilting Ladies have another work of art to be raffled off. This next piece of work is called Scrap Happy, which is 88 1/2" x 96 1/2". The raffle begins on May 22nd and will end at our picnic on August 25th. Tickets are $1 each or 6 tickets for $5. A weekly winner will be drawn to receive 5 free tickets.
WALKING TRAIL BRICKS - This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. **Bricks ordered now will be available in the summer of 2023.** Order forms can be emailed, mailed, or picked up at the front desk.

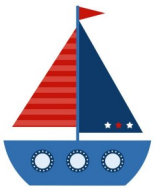
PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!!

NOTE: "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center, but is the view of the presenting organization."

RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise
9:30 am - Quilting Group
10:00 am - Calisthenics
10:00 am - Jokers and Marbles
11:00 am - Balance Class
12:00 pm - Tai Chi
1:15 pm - Hand & Foot Cards
1:15 pm - Beginning Line Dancing
1:30 pm - Exploring Art
1:45 pm - Intermediate Line Dancing



TUESDAYS

9:00 am - Resistive Exercise
9:30 am - Pinochle
10:00 am - Range of Motion
11:00 am - Chair Drumming
12:30 pm - Advanced Pickleball
1:00 pm - Euchre

WEDNESDAYS

9:00 am - Resistive Exercise
9:00 am - Greeting Card Making
10:00 am - Calisthenics
11:00 am - Balance Class
11:45 am - Cardio Drumming
12:00 pm - Parkinson's Exercise

REGISTRATION REQUIRED

1:00 pm - Computer Lab
1:00 pm - Mah Jong
1:00 pm - Advanced Pickleball
1:00 pm - Stitch & Chat
1:15 pm - Dominoes
2:30 pm - Intermediate Pickleball

THURSDAYS

9:00 am - Resistive Exercise
10:00 am - Range of Motion
10:00 am - Swedish Weaving
11:00 am - Tai Chi
12:30 pm - Beginner Pickleball **1st & 3rd week**
12:30 pm - Scrabble
1:00 pm - BINGO **2nd, 4th & 5th week**
1:00 pm - Softball
1:15 pm - Hand & Foot Cards
2:00 pm - Intermediate Pickleball **1st & 3rd week**

FRIDAYS

9:00 am - Chair Yoga
10:30 am - Beginner Pickleball
12:00 pm - Parkinson's Exercise

REGISTRATION REQUIRED

12:00 pm - Intermediate Pickleball
1:00 pm - Euchre
1:00 pm - Sit & Share-Parkinson's Support Group

WHAT WE HAVE TO OFFER

- Arts/Crafts
- Betty Kohn Outdoor Fitness Zone
- Cards/Games
- Circuit Training Room
- Commodity Distribution
- Community Resource Center
- Computer Lab/Computer Classes
- Educational Programs

- Fitness Classes
- Foot Clinic
- Friendship Garden (Seasonal)
- Garden Nook
- Hanes Family Wild Flower Trail - **NOW OPEN!**
- Lending Library
- Loan Closet

- Lunch
- Monthly Movies
- Parkinson's Support Group (Sit & Share)
- Pickleball
- Priscilla Upton Byrns Walking Trail & Gardens
- Puzzles (to take home)
- Softball (Seasonal)
- Transportation In Our Service Area
- Trips
- Video of Circuit Training Room Equipment
- Videos Of Exercise Classes On Our Website
- Videos Of How To Properly Use Our Outdoor Equipment On Our Website
- Volunteer Opportunities
- Website & Facebook
- Wood Shop

VOLUNTEERS NEEDED

If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

⇒ Art/Craft Classes
⇒ Commodities Distribution
⇒ Front Door Greeters
⇒ Fundraising Committee Members
⇒ Fundraising - 50/50, Quilt Raffle
⇒ Handymen or Handywomen
⇒ Light Ironing
⇒ Newsletter Mailing
⇒ Transportation Drivers
⇒ Wood Shop Hosts

If you are interested, please call the Center and speak to our Volunteer Coordinator, Sharyl.

IMPORTANT REMINDERS

- ◊ **Remember to sign in when entering the building for any reason!** You need to go through the screens until you find the activity/activities you are here to attend and remember to hit **FINISH** when done so it will log your day's activities. **Please remember that if you are coming in to sign up for a trip, you must sign in for that also on the monitor.**
- ◊ Please remember to arrive at least **10 minutes** before a program is due to begin so you are not interrupting a program by arriving late.
- ◊ The library is now accepting DVDs, audiobooks, magazines (no older than 2 months please), and newer books. If you have anything you'd like to donate, please take them to the front desk. We do not accept VCR tapes.
- ◊ At this time we are not accepting any greeting cards until further notice. We thank you for your generous donations in the past.
- ◊ Please call ahead if you need loan equipment.
- ◊ Class descriptions are available at the front desk, on our website and on the bulletin board by the gym entrance.
- ◊ Please remember to call and cancel if you've signed up for a program and cannot attend.
- ◊ Please remember if you have robo call blocker, you will not receive our calls.
- ◊ Please remember to sign up for all programs that you'd like to attend. Thank you!

CORNHOLE IS AVAILABLE HERE

Just a reminder that we have everything you would need to play Cornhole here at the Center. You are welcome to play outside, or if it's too warm outside and the Activity Hall is available, you are welcome to play inside as well.

If you would like an email reminder when the newsletter is online, please email us at assistant@sjlsc.org

WOOD SHOP INFORMATION

As many of you know, our wonderful Wood Shop is now open. Below is some general information about how our Wood Shop operates. For more details please call or stop at the front desk.

CURRENT HOURS/DAYS OF OPERATION

Monday through Friday 9:00 am-3:00 pm

To use the Wood Shop, you must be a current member of SJLSSC and make an appointment to **sign up for a mandatory Safety Orientation Class** to become a Wood Shop member. You can make an appointment for orientation at the front desk, which is approximately 3 hours. **You need to sign up 2 business days in advance to attend a orientation. Everyone will pay $20 to take the orientation. This fee will include a 1-month membership, which will start on the 1st business day after the orientation. Also included for this price is a project, which will include all materials to be completed during your first month.** Safety glasses are mandatory. If you do not have a pair, you can purchase them at the front desk; $2 for regular safety glasses and $5 for glasses that fit over a prescription.

To use the Wood Shop after orientation, you need to have an active Wood Shop membership and sign all membership documents. **All fees are to be paid at the front desk before you can use the Wood Shop.**

Wood Shop Member Payment Plans

* $5 daily fee
* $20 monthly fee or $10 if paid 16th-end of the month (this pro-rated fee only applies the first time you use the Wood Shop. After initial payment, total monthly fee applies).
* $30 monthly fee for couples or $15 if paid on or after the 16th of the month (this pro-rated fee only applies the first time using the Wood Shop, after initial payment, total monthly fee applies).
* $200 yearly fee or $300 yearly fee for couples.

NO REFUNDS AFTER PAYMENT IS RECEIVED.

Please ask for a copy of the Member Guidelines so you are aware of how our Wood Shop operates.

ANNE'S REAL ESTATE ROUND TABLE

Monday, June 5th, 10:00 am

Anne Odden, Associate Broker with Pier Realty, will be here to explore your experiences and those of Robin Zollar in downsizing. She will share specifically her experiences with hosting and organizing estate sales. Please join us for this interactive discussion of managing your possessions. **Please sign up to attend.**

NEW BENTON HARBOR VA PRESENTATION

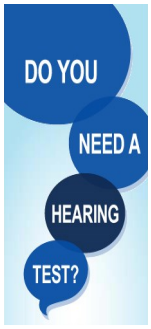
Tuesday, June 6th, 10:00 am

VA | U.S. Department of Veterans Affairs

Adam Swager and Brian Pegouske, Chief, Communication & Community Engagement with the Battle Creek VA Medical Center will be here to present information on the Benton Harbor VA Outpatient Clinic and Battle Creek VA Medical Center. They will also present information on the PACT Act and how the law impacts Veterans. VA enrollment staff will be on hand to assist in enrolling Veterans for the healthcare they have earned. Bring your DD214 and last year's income with you to this program. **Please remember to sign up to attend.**

THE BEST HEARING STORE - "HEARING AID CLINIC"

Monday, June 19th, 9:00 am



If you missed any of the previous Hearing Aid Clinics, Quinton Smith returns from The Best Hearing Store to perform hearing tests, hearing aid repairs and he will help you find the best options for those that want help. **Appointments will be every 30 minutes, so call to make your appointment.**

VETERANS Q & A

Tuesday, June 20th, 9:00 am-10:30 am

Maureen Adams from Veteran Services will be here to answer questions and provide the latest information for all of our Veterans. There is no need to sign up to attend this program, you can just show up.

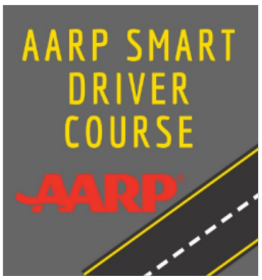
MOSAIC JEWELRY CLASS

Tuesday, June 20th, 1:00 pm-3:00 pm
$20 per person, payable at sign up
Make checks payable to Barb Freridge

Barb Freridge returns to teach you the art of making mosaic jewelry. In this class you will be making a pendant necklace using beads and metals. If you have a tiny piece of keepsake jewelry, feel free to bring it. Beads, bezel and cord will be provided. **Space is limited to 12 seniors, so be sure to sign up!**

AARP SMART DRIVER COURSE

Monday, June 26th & Tuesday, June 27th, 8:00 am-12:00 pm
AARP Members $20, non-members $25
Payable to AARP on June 26th



Jo Ann Flowers, AARP Driver Safety Volunteer, will be teaching the newly revised AARP Smart Driver Course. This is an 8-hour classroom course that teaches proven driving techniques to help keep drivers and their loved ones safe on the road. Attendees must attend the full session to receive a certificate, **which you may** be able to present to your insurance carrier for a discount. Michigan law requires the class to be taken every 3 years to maintain the discount. There will be a 45 minute lunch break, so bring a sack lunch or call Senior Nutrition 2 days in advance to make arrangements to enjoy a hot lunch here at our Center. **Remember to sign up to attend this class.**

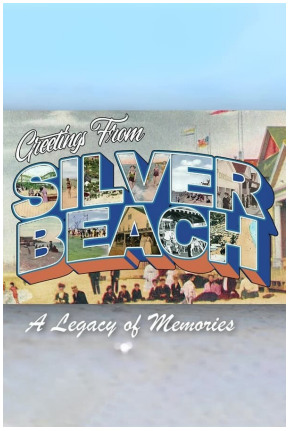
SENIOR CENTER OUTSIDE CONCERT

Wednesday, June 21, 2023, 1:00 pm-3:00 pm

It's that time of year again when we can enjoy being outside in the warm sunshine. Please join us to do just that and listen to some beautiful music. Kicking off the season will be the Sand Rabbits Band featuring an eclectic mix of musical offerings (from Clapton, Beatles, Eagles, Stones, Marshal Tucker, etc.). They are a musical trio that spans genres and seeks to provide you with the most listenable music. And on **Friday, June 30th, 1:00 pm-3:00 pm** Sally Goodwin-Stine returns to the Center again thankfully. You may remember Sally from last year's Outdoor Concerts with her beautiful voice covering a wide range of music. Food options and drinks will be available for purchase. We look forward to seeing you all here!

A LEGACY OF MEMORIES - SILVER BEACH AMUSEMENT PARK

Thursday, June 29th, 10:00 am



Paul Wasowski, Executive Producer/Production Manager and Marketing Director for Hey U.G.L.Y. (Unique Gifted Loveable You) will be here for a presentation of the film about Silver Beach. This film received the State History Award last fall in the media category from the Historical Society of Michigan. As many of you know, Silver Beach opened as a resort in 1891 when local businessmen, Logan Drake and Louis Wallace built vacation cottages as Silver Beach Amusement and Realty Company along Lake Michigan. Silver Beach's success continued until the 1960s, when crime and unrest became much more common, and closed on August 10, 1970. **This is sure to be a very interesting program, and space is limited so you will want to sign up soon!**

CENTRICA CARE NAVIGATORS

Thursday, July 6th, 10:00 am

Hospice of Southwest Michigan has rebranded as Centrica Care Navigators to reflect its growing scope of services. Established 40 years ago solely as a hospice, the organization now provides palliative care and adult day care. Sue Eshuis, RN, Community Partner Liason, will be here for a presentation on what hospice care is and how it can help you and your loved ones. End-of-life care is focused on patient comfort and enjoyment of the time a person may have left. Centrica Care Navigators is a nonprofit care agency and they serve everyone, regardless of their ability to pay. **Please sign up if you would like to attend this program.**

SIX PILLARS TO BRAIN HEALTH

Monday, July 10th, 10:00 am

Brain health is important to all of us, no matter our age. JoAnn Flowers, AARP representative, will be here for a 90-minute presentation on the importance of brain health. Cognitive decline is not inevitable as we age. This session will equip participants with a basic understanding of dementia and brain health and address common myths. Specific steps will be described that people can take at any age to optimize their chances of maintaining their cognitive health. **Please sign up if you would like to attend this program.**

THE MOVE TO ELECTRIC CARS PART II

Monday, July 17th, 1:00 pm-3:00 pm

Due to positive feedback from Part I, Don White returns for a second in depth presentation regarding The Move to Electric Cars. A condensed version of Part I will be presented and this will be followed by addressing questions that were brought up during the April presentation. EV battery repurposing, repair, reselling and ultimately recycling plus rare earth materials sourcing, ethical mining practices and alternate battery compositions will be discussed. **Please sign up to attend.**

MEALS on WHEELS
— OF SOUTHWEST MICHIGAN —
Senior Nutrition Services Region IV

Menu Is Subject To Change Without Notice
Lunch is served at 11:45 a.m.
Arrive 10 minutes early

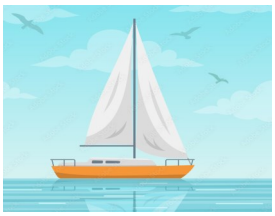
JUNE

CALL 269-921-0136 TO SIGN UP
PLEASE CALL BY 10:30 AM 2 DAYS IN ADVANCE TO MAKE OR CHANGE LUNCH RESERVATIONS
****

Meals are Funded in part by

REGION IV
Area Agency on Aging, Inc.
SPECIALISTS IN AGING

Served in partnership with the Senior Center and Senior Nutrition Services, DBA Meals on Wheels of SW Michigan.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sunshine rice Crinkle cut carrots Roll Fruited yogurt	2 Chicken breast sandwich Au Gratin potatoes Mixed vegetables Apricots
5 Spaghetti w/meatballs Garlic breadstick Steamed squash Tropical fruit blend	6 Turkey meatloaf Whipped potatoes 5-way mixed vegetables Cinnamon applesauce	7 Philly cheesesteak Red skin potatoes Prince Charles vegs. Mandarin oranges	8 Stuffed green peppers Corn Dinner roll Applesauce	9 Salmon burger Coleslaw Green beans Diced pears
12 French toast sticks Turkey sausage patty O'Brien potatoes 100% fruit juice	13 Goulash Green beans Texas toast Seasonal fruit	14 Beef enchiladas Spanish rice Santa Fe blend vegs. Apricots	15 Tuna noodle casserole Beets Biscuit Tropical fruit salad	16 BBQ chicken quarter Mac and cheese Spinach/cornbread Ambrosia salad
19 **NO SENIOR NUTRITION** **CENTER IS OPEN**	20 Herbed pork chop Mashed potatoes/gravy Mixed vegetables Pineapple	21 Honey garlic chicken Steamed rice Side salad/rye bread Peaches	22 Gyro sandwich Roasted sweet potatoes Red onions and tomatoes Banana pudding	23 Brat Warm potato salad Prince Charles vegs. Fruit cocktail
26 Beef fajitas Black beans Mango	27 Loaded mac-n-cheese Broccoli Diced tomatoes Chocolate pudding	28 Turkey burger Cheesy mashed potatoes Sweet corn Pears	29 Sweet/sour meatballs Oriental vegetable blend Steamed pea pods Fruit crisp	30 Baked cod Confetti rice Succotash veggie blend Pineapple tidbits Birthday cake
			Meals provide Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total fat: 30% 2% Milk	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!

~Hanes Family Wild Flower Trail Is Now Open!~

The Hanes Family Wild Flower Trail is now open for your enjoyment. **We do suggest that you have a friend walk with you.** In keeping this area as natural as possible, the walking trails are not paved but do have mulch for you to walk upon. **For your safety please, we are not allowing wheelchairs, bikes, strollers, or walkers.** Benches will arrive in July for you to sit and enjoy the sounds of nature, read a book, and take in the surroundings. We just know you're going to enjoy this new addition to the Center!

To everyone who brings goodies or snacks:
Celina Bevelhymer, Margaret O'Neill, Mary Jane Hiler, Jeri Merfeld, Jane Jeffery, Gloria Winn, Phyllis Herod, Vicki Harris, Jeanette Jeske, Roger's Foodland, Adolf Pelzer, Bonnie & Tony Korican, Madelyne Huelsberg, and Pam Phipps.

To everyone who donates other items that benefit the Center and Participants:
Sandra Kay's Bakery, Jeanne Strine, Adolf Pelzer, Else Elsner, Dave Hilbink, Bruce Banghart, Joan VanderMeulen, Joyce Vance, Autumn Schmaltz, Patty Nordberg, Barb Clark, Don White, Kim Versaw, St. Joe Congregational Church, Celina Bevelhymer, Rob McLaughlin, Susan Pagen, Don & Fredonna Kempf, First Congregational Church, Erika Mauerman, Lynn Hardke, Aggie Blesy, Jerry Radenbaugh, Dianne Beatty, Terry & Sue Burrows, Arlene Batter, and Milly Ott.

MONETARY CONTRIBUTIONS:

- **All the anonymous transportation riders along with Helmut Krebs who made *Donations to our Transportation Program.***
- **Amy Reutlinger, Karen Schlitz, and Paris Karsten made a *Donation to our Building Fund.***
- **Elayne Haaker and Paul Terlecki made a *Donation to our Building Fund Program.***
- **Jerry Hanes made a *Donation to the Hanes Family Wild Flower Trail.***
- **Nancy Barrett made a *Donation in Memory of Jeri Spitzer.***
- **Priscilla Banghart and Gertrude Krajecki made a *Donation to our Circuit Training Room.***
- **Susan Till, Tina & Stephen Goodwin, Tricia & Philip Niebuhr made a *Donation in Memory of Doris Schultz.***
- **Nancy & Byron Stock made a *Donation to our Exercise Programs.***
- **Ruth Betker made a *Donation in Memory of her husband, Richard Betker.***
- **Mary Sundblad made a *Donation in Memory of Patti Falkner.***

Thank you to all of our instructors and members for performing at the Senior Expo, we greatly appreciate it!

Thank you to Adolf Pelzer for purchasing the newspaper so our members can read it here at the Center.

WISH LIST: Muffins, individually wrapped candy, 3M large picture hangers, store bought breakfast pastries, coffee cakes, and bottled water.

Friendship Garden has been planted by Ann Schroeder this year. We have fruits, veggies and herbs for all of us to enjoy. We do ask that you be respectful of what is grown in Friendship Garden and not help yourself. Our Friendship Garden Volunteers will harvest the produce and bag the vegetables, which will be available at the Center. Thank you Ann for getting the garden growing!

St. Joseph – Lincoln
Senior Service Center
3271 Lincoln Ave.
St. Joseph, MI 49085

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This newsletter mailed @ St. Joseph Post Office on 05-24-23

Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60+ citizens of our community.

Executive Board Members

President	Pauline Fox
Vice President	Tim Kragt
Secretary	Patty Nordberg
Treasurer	Bob Hopkins

Board Directors

Celina Bevelhymer, Bill Burrows, Mark Johnson, Jean Oatman, Rocco Pavese, Ted Post, and Jerry Radenbaugh

Staff

Executive Director	Cindi McLaughlin
Program Coordinator	Jennifer Malone
Support Associate	Sharyl Freehling
Receptionist	Onalee Hartman
Administrative Assistant	Sandy Draper
Staff Assistant	Lynn Vince
Building Custodian	Tai Huynh
Sr. Nutrition Manager	Bill Schiffbauer

Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

JUNE ACTIVITIES

5 Anne's Real Estate Round Table 10:00 am
6 New Benton Harbor VA Presentation 10:00 am
8 Bingo 1:00 pm - $1
9 Foot Clinic - **BY APPOINTMENT ONLY**
14 Book Club 10:00 am
15 Board Meeting 10:00 am
16 Foot Clinic - **BY APPOINTMENT ONLY**
16 Commodities - 9:00 am-11:00 am
16 Cookies & Canvas 12:00 pm-3:00 pm
16 Movie 1:30 pm
19 Best Hearing Store Hearing Screening 9:00 am
20 Veterans Q & A 9:00 am-10:30 am
20 Mosaic Jewelry Class 1:00 pm-3:00 pm
21 Outdoor Concert 1:00 pm-3:00 pm
22 Bingo 1:00 pm
26 AARP Smart Driver Course 8:00 am-12:00 pm
27 AARP Smart Driver Course 8:00 am-12:00 pm
28 Newsletter Mailing 9:00 am
29 A Legacy of Memories, Silver Beach 10:00 am
29 Bingo 1:00 pm - $1
30 Outdoor Concert 1:00 pm-3:00 pm

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